

MONTEREY LIBRARY

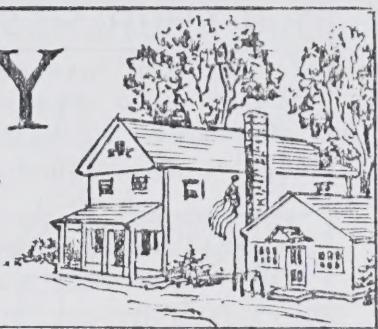


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# MONTEREY NEWS



June, 1978

## OUR TOWN



### Memorial Day Parade

Marchers and vehicles in the 1978 Memorial Day Parade dispored themselves in the usual fine fashion. This year the addition of a couple of antique hot rods provided a touch of class. The Mt. Everett Band was stirring. Kindergarteners, Little Leaguers, firemen, horsemen, representatives of the military and representatives of the Town thoroughly filled the moment. There were murmurs in the crowd of better things to come next year. The Monterey

Co-op is planning a float manned by life-sized fruits and vegetables. Townspeople can only tremble in anticipation of such a sensation.

### Parks Commission News

The Parks Commission has a message to fishermen on Lake Garfield: Please resist the impulse to park cars on the grass near the beach. Soon there will be fences defining the area, but meanwhile park on the gravel and let the grass grow (not to mention the sunbathers). Secondly, stop and think when you have lines caught on the deck itself. Don't just cut your lines and leave your hooks entangled there. Imagine the injuries to swimmers that are possible and spend some time retrieving your hooks.

There will be free swimming lessons offered July 31-August 11 to children from age 5 up. Call Maryellen Brown for details (528-1598).

There will be a Parks Commission Calendar posted in the Post Office noting the dates town parks are in use. Contact Joel Schick (5283128) if you want to use Greene or Bidwell Parks.

### Library News

The Monterey Library will be offering free feature-length films for public viewing during the summer. The first film, shown Saturday, June 10, was "Zorba the Greek." A schedule of future films will be posted in the library, and interested parties are invited to come and suggest film favorites, as well as convenient times for showing. So far, films on order are "National Velvet," "Willie Wonka," and "I Remember Mama."

The Monterey Kindergarteners have completed a bi-weekly film and book reading program during which they viewed films derived from picture books, and followed up the experience by reading the books at home and at school. All films are furnished by the Western Regional Library System and are funded by the state and by grant money.

Prospective library users are advised of a newer and faster referral system now in effect in Massachusetts which enables the Monterey Library to secure a requested book within a week, under normal circumstances. Very new or very rare books may take longer, but generally requested books will be delivered by a special truck at mid-day each Wednesday.

Weekenders and overdue book borrowers will be happy to hear of the outdoor book drop, a white mailbox on the library porch, available 24 hours a day to receive due and overdue books.

The town librarian, Newman Abercrombie, is at present ill and unable to fulfill his duties as librarian. Anne Marie Makuc is standing in for him, and she and all who know him wish him well.

Library Hours: Monday 7-9 p.m.; Tuesday 9:30 a.m. - 12; Wednesday 3-5 p.m.  
Saturday: 9:30 a.m. - 12

### More Details on Fire Department Picnic

At the Fire Department Steak Roast on Saturday, July 29, beer, soda, hot dogs and hamburgers will be on sale all day. Tickets for the picnic, from 4:00-6:00 p.m., will be on sale through any member of the Fire Department from now until then. Families buying tickets for the steak dinner will be able to buy hot dogs or hamburgers for their children in Greene Park when they arrive. Informal sports are planned, such as softball games, horseshoes, and the like.

## OUR CHURCHES



### CATHOLIC CHURCH

Our Lady of the Hills Chapel in Monterey will be open Saturday, July 1. From then on through the summer season Masses will be at 7:00 p.m. Saturdays.

Our Lady of the Hills Women's Guild held a special meeting June 7 at the Chapel. Mrs. Barbara Gauthier was elected president, succeeding Mrs. Patricia Andrus, who had served in this position for fifteen years.

### UNITED CHURCH OF CHRIST

Notes Morning worship each Sunday at 10:30 a.m. . . . . Kindergarten class, Sundays at 10:30 a.m. Grades 1-4 will not meet during the summer.

Children's Sunday The day that recognized the Christian education of the children was observed on June 11. Perfect attendance awards were given to Scott Ryder and Ellen Whitbeck. Bibles were given to Bruce Amstead, Michelle Barrier and Scott Ryder. Bibles are given in recognition of passing through the third grade. Plants were given to all the children. Plants are regarded as symbols of growth.

Stewardship Enlistment Program The finance committee is beginning preparation for the annual stewardship enlistment program of the church. The preparation by the committee will proceed during June and the community canvass will be in the latter part of July.

### STAR SHINE

Star shine bright  
flickering candle  
in a silent black ocean --  
red Mars  
blue Jupiter  
a heavenly neon sign  
flashing  
bringing me back  
reminding me always of my own  
insignificance.  
How absurd  
and wonderful  
are trees  
clouds  
inch worms.  
Miraculous,  
out of celestial  
infinity  
that I am here  
with you.

Holly Lipton  
Gould Farm

## FINDING A FOCUS THAT FREES

strange thing happened on the way to developing an art or science of healing. Practically all of the various approaches to human health spend much more time thinking and talking about disease than the nature of health. The attention is focused on the things that go wrong with a person rather than on the course of how things go right.

It is not hard to discover why so much attention has been centered on the dysfunctional. A person comes to the physician or the psychologist with the complaint of what is going wrong in his life. This is presented as what needs attention. Both patient and doctor tend to get locked into studying the nature of dysfunction. They both learn more about dysfunctioning than about healthy functioning.

Once I begin to remember that we humans tend to create whatever we are focused upon this strikes me as a strange dilemma. In our search for health we spend most of our time examining disease. We tend to create whatever holds our focus. Perhaps this begins to explain the fact that, though we are spending an increasingly larger part of our income in the search for health we do not seem to be showing much more evidence of a better state of health. Could it be we are looking through the wrong end of the telescope? Might it be that, unwittingly, we have become so locked into dealing with disease that we keep missing the larger equation of what really makes for health?

Recently I got a nudge that led me into some fresh reflection on the direction we are going in health care. I was "hooked up" to two different bio-feedback machines. One was to measure the movement toward producing alpha-waves in the brain. Now I really don't know much about making alpha-waves. Yet with my intention to move toward alpha-waves and with a monitor to tell me which way I was going I began, in the first try, to move toward the alpha-waves. The other device was to help me measure my capacity to raise the temperature in my hand. Now, I don't have the ghost of a notion of how to raise the temperature in my hand. Yet on my very first try I began to raise the temperature. The practical pay-off for doing this is that one might rid oneself of migraine headaches by learning to raise the temperature in the hand. Significantly, all in the world I had to do it with was my intention and a monitor to help me know which direction I was going.

Some weeks later I was mulling over this experience with the bio-feedback machines. I was struck with new force by something I already knew. This same process is going on in every part of our lives. Whatever we are focused upon, that is what we are in the process of creating.

This is disquieting when one considers the usual process of psychotherapy. The client comes to the psychotherapist saying, "I've got a problem." The problem is named, described, walked around in various ways. The "problem" usually holds the center of focus throughout the whole process. If it is really true that we tend to create what we are focused upon, this raises some serious questions about the process that goes on in psychotherapy: The "problem" holds the center of attention, even though both client and therapist seek a healthy state. Often people do muddle through this process and arrive at a better state of well-being. May it not be in spite of the process rather than because of it? The psychotherapist part of me is forced to do some fresh questioning as to whether there may not be more productive ways of achieving good than by the usual preoccupation with the dysfunctional.

Stating this from the other side of the coin, if we knew better how to work within the processes whereby good health forms within persons this might properly be the main focus of our attention. As it is, we are so busy analyzing what is going wrong we can't give the proper weight to studying how things "go right."

We look back with wonder that blood-letting was once such a popular form of treatment. In a strange way it partly worked. To be sure, it was not dealing at a deep enough level with the difficulty, but indeed people felt a certain amount of relief when their blood was let. Looking back, we say it was a primitive form of treatment. Perhaps our current methods of treatment before too long will look primitive. My guess is that once health care is more soundly rooted in studying the processes that produce health, rather than the character of dysfunction, we will look back to the 1970's as quite a primitive time.

At those times in which the Church has been much more focused upon sin than the wholeness that exists in God it produced a "sin-oriented" people. Now that government is so heavily focused upon "regulating" the ways in which people shall order their life together, many more people are focusing their attention on how to "beat the system" than upon building a truly cooperative society. Whichever way we turn we find ourselves creating whatever our attention is focused upon. Likely there are no exceptions to this. It is simply the way life is. The question I am raising is, "How long are we, therefore, going to build a health-care system based largely on a preoccupation with disease, rather than with a more fundamental study of healthiness itself?"

Virgil V. Brallier, Minister  
Monterey United Church of Christ



Lauren Hassol, who returned here last summer as a staff work leader, has announced her engagement to be married in mid-September to John Paige. Lauren's home is in Newton, Massachusetts. Last spring she graduated from Antioch College. John lives in Lexington, Massachusetts. He is a graduate of Keene, New Hampshire, State College.

Bretta Oellig and Steve Blosser, both volunteer workers from the Church of the Brethren, have announced their engagement. Bretta is staying on for a third year as a regular staff member. Steve is house-parent at McKee House, the Farm's third residential unit.

Two new staff members have come this month. Gordon "Skip" Winchell is a resident of Lincoln, Massachusetts, where he met Virgil Stucker, resident director of Farrington House. Skip has completed one year at Andover-Newton Theological School. He plans to spend the summer at the Farm. Chester "Chet" Olson of Pittsfield is a graduate of North Adams State College, where he heard of Gould Farm. He expects to stay on here at least through January.

The spring Variety Show was produced Thursday evening, June 8, before an enthusiastic audience. "Variety" was the word. The large cast of staff and guests played piano, flute, clarinet, bassoon, banjo and guitar. They sang, they pantomimed, they ad libbed. From start to finish it was a good show, in which Sally Kelly's drama group, as usual, played a vigorous and talented part.

Rose McKee



MONTEREY GRANGE #291

The Historical Museum Annex will be open from 10 to 12 on Saturday mornings and will be manned by members of the Historical Society. There are old books, samplers, furniture, photographs, musical instruments from the Monterey Drum and Bugle Corps, a ledger from the Langdon Store, and more. Downstairs there is a collection of old farm implements. Everyone is welcome.

On May 3 the 3rd and 4th degree were conferred on five candidates and one from Umpachene Grange. The third degree was conferred by the Ladies' Degree Team, with Mary Wallace as Master and members from Monterey and Sandisfield taking part. The fourth degree was conferred by regular officers, with Daniel MacWhinnie acting as Master. Deputy Lucy Wuori made her official visitation.

May 17 was Youth Night, with Richard Hardisty as Master and members from Monterey Grange and neighboring Granges filling the chairs and furnishing the program. There was an attendance of 47.

The recent raffle was a success. The afghan was won by Pearl Stratman, the turkey by Chester Sonini of West Stockbridge and the "Cold Duck" by Michael Barrier. It was voted to hold pancake breakfasts during the summer.

On June 9 members met at the Lecturer's house at 7:00 p.m. for the annual Mystery Ride.

Mary Wallace  
Lecturer

#### Monterey Co-op Surplus Sales

Everyone is reminded that the Monterey Co-op Pick-up and Surplus Sales are from 6:00 to 7:00 p.m. every other Thursday, beginning June 15. Surplus food is available to all interested buyers, and townspeople and summer residents are invited to join the Co-op.



#### CUB SCOUTS AND BOY SCOUTS

Pack 51 participated in the Cub Scout Olympics on June 6. There was a softball throw, long jump, push-ups, sit-ups. The winners will compete at Camp Chester Field on June 25.

There was an end of the year picnic at Beartown Park at 6:00 p.m. on June 9.

The Boy Scouts went to the Great Barrington Police Department to see how it is operated.

#### BROWNIES AND GIRL SCOUTS

They went to Stone Mountain Pottery for Mr. Steinberg's demonstration of pottery making.

At the end of May they entertained the kindergarten girls to show what a meeting was like. They also had a flag ceremony and talked about what they do. Refreshments were served.

There was a Court of Awards Dinner May 19. The following girls flew up and received Brownie Wings and Girl Scout pins: Michelle Grotz, Dani Beckerman and Michelle Barrier. Dani Beckerman also earned the Bridge to the Junior Patch.

Shelby Loder, Nancy Bynack, Lee Williams and Darlene Barrier received their one-year membership and Brownie Badges.

#### MONTEREY YOUTH GROUP

The Youth Group is planning a hike on the Appalachian Trail June 16 and 17. While on the trail they will be planning for their summer activities. The plans will include a trip to Mountain Park and possibly to the Alpine Slide.

#### LITTLE LEAGUE

1978 Sheffield Kiwanis Little League schedule for the Monterey Yankees (month of July only):

Monday, July 3	Yankees at Indians
Wednesday, July 5	Red Sox at Yankees
Wednesday, July 12	Yankees at Braves
Monday, July 17	Yankees at Dodgers
Wednesday, July 19	Yankees at Indians
Monday, July 24	Red Sox at Yankees

ALL-STAR GAME SUNDAY, JULY 30 AT MONTEREY

#### 4-H

Small Engines had their last meeting of the season Friday, June 9, at 7:30 p.m. in the church basement.

Pam Gauthier  
Youth Editor

#### 1978 MONTEREY GRADUATES FROM MOUNT EVERETT REGIONAL HIGH SCHOOL

NAME OF GRADUATE	PLANS FOR NEXT YEAR
Susan Marie Andrus	Berkshire Community College
Elizabeth Ann Bynack	Mass. Bay Community College
Kristine Jan Heath	Berkshire Community College
David Anthony Hyman	Berkshire Community College
Troy A. Jervas	Unknown
Paula Jean Mielke	North Adams State College
Gwendolynne Georgianna O'Connell	College of the Holy Cross
Francis Vincent P. O'Connor	United Technical School
Ann Carol Pedersen	Word of Life Bible Institute
Andreana Theresa Pizzichemi	Rivera College
Donna Lee Sheridan	Unknown
Anna Victoria Thorn	Champlain College
Michael Lee Thorpe	Unknown

## DUMP HOURS

New hours for the use of the Monterey Sanitary Landfill site for the summer season, through Labor Day, are as follows:

Sunday : 10:00 a.m. to 4:00 P.M.  
Monday : 9:00 A.M. to 12:00 noon  
Tuesday : closed  
Wednesday : 10:00 A.M. to 2:00 P.M.  
Thursday : 6:30 P.M. to 8:30 P.M.  
Friday : 10:00 A.M. to 2:00 P.M.  
Saturday : 10:00 A.M. to 4:00 P.M.

## A C K N O W L E D G M E N T S

This month we are deeply indebted to Mr. Paul Desfossé, Mr. & Mrs. Edward Dunlop and Mr. George B. Helmrich for their contributions. Thank you for remembering the MONTEREY NEWS

## A D V E R T I S E M E N T S

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baby-sitting or odd jobs.

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### H O U S E W O R K

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Sylvia Brallier 528-1031

### BROOKBEND APARTMENTS

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apartments planned for enjoyable  
adult living. Sorry, no pets

Call Robert Ensign 528-4296  
or write Box 204, Monterey

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